

**SECTION THREE**  
**Basic Requisites of the Path**

(contd.)

I do not see how the method of faith in the cells can be likened to eating a slice of the moon. Nobody ever got a slice of the moon, but the healing by faith in the cells is an actual fact and a law of Nature and has been demonstrated often enough even apart from yoga. The way to get faith and all things else is to insist on having them and refuse to flag or despair or give up until one has them – it is the way by which everything has been got since this difficult earth began to have thinking and aspiring creatures upon it. It is to open always, always to the Light and turn one's back on the Darkness. It is to refuse the voices that say persistently, “You cannot, you shall not, you are incapable, you are the puppet of a dream,” – for these are the enemy voices, they cut one off from the result that was coming, by their strident clamour and then triumphantly point to the barrenness

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of the result as a proof of their thesis. The difficulty of the endeavour is a known thing, but the difficult is not the impossible—it is the difficult that has always been accomplished and the conquest of difficulties makes up all that is valuable in the earth's history. In the spiritual endeavour also it shall be so.

You have only to set about resolutely slaying the Rakshasa and the doors will open to you as they have done to many others who were held up by their own mind or vital nature.

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